



YOGA TTC PROGRAM

At Trisatya we offer an intensive 16 days TTC, approved by Yoga Alliance (200 hrs standard).

IN OUR INTENSIVE PROGRAM

- We limit our spots to give you personal attention.
- We present traditional teaching adapted to the modern world.
- We serve locally sourced food.
- We offer your reasonable and competitive price.
- The program is designed to fit in your busy lifestyle.
- We welcome students coming from all over the world, and all walks of life
- We take you to different countries: please check our calendar section to know more

WE WILL COVER

- Practicum: 10 hours
- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 20 hours
- Teaching Methodology: 15 hours
- Techniques, Training, and Practice: 75 hours
- Anatomy and Physiology: 10 hours
- Practice – 45 Hours
- Self Study Projects – 25 hours

